

Basic Report 16002, Beans, adzuki, mature seeds, cooked, boiled, without salt

Report Date: September 17, 2019 07:04 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 1 cup 230g |
|--------------------------------|------|------------------------|---------------|
| Proximates | | | |
| Water | g | 66.29 | 152.47 |
| Energy | kcal | 128 | 294 |
| Protein | g | 7.52 | 17.30 |
| Total lipid (fat) | g | 0.10 | 0.23 |
| Carbohydrate, by difference | g | 24.77 | 56.97 |
| Fiber, total dietary | g | 7.3 | 16.8 |
| Minerals | | | |
| Calcium, Ca | mg | 28 | 64 |
| Iron, Fe | mg | 2.00 | 4.60 |
| Magnesium, Mg | mg | 52 | 120 |
| Phosphorus, P | mg | 168 | 386 |
| Potassium, K | mg | 532 | 1224 |
| Sodium, Na | mg | 8 | 18 |
| Zinc, Zn | mg | 1.77 | 4.07 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | 0.0 |
| Thiamin | mg | 0.115 | 0.265 |
| Riboflavin | mg | 0.064 | 0.147 |
| Niacin | mg | 0.717 | 1.649 |
| Vitamin B-6 | mg | 0.096 | 0.221 |
| Folate, DFE | µg | 121 | 278 |
| Vitamin B-12 | µg | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 0 | 0 |
| Vitamin A, IU | IU | 6 | 14 |
| Vitamin D (D2 + D3) | µg | 0.0 | 0.0 |
| Vitamin D | IU | 0 | 0 |

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|------------------------------------|-------------|---------------------------------|-----------------------|
| Lipids | | | |
| Fatty acids, total saturated | g | 0.036 | 0.083 |
| Fatty acids, total monounsaturated | g | 0.009 | 0.021 |
| Fatty acids, total polyunsaturated | g | 0.021 | 0.048 |
| Fatty acids, total trans | g | 0.000 | 0.000 |
| Cholesterol | mg | 0 | 0 |

Amino Acids

Other